

ABSTRACT

A knee orthosis that includes a medial tracking member that operatively fits along a lateral side of, and provides medial traction to, a patella having patellofemoral articular tissue; an inward tracking member that operatively fits over, and provides inward pressure against, the patella; wherein the inward tracking member provides a compressive force against the patella, thereby increasing the contact surface area between the patellofemoral articular tissue and an associated femoral trochlear groove. The inward tracking member overlays the patella and the medial tracking member so that medial traction can be placed on the patella. The inward tracking member provides continued compressive force against the patella to stretch lateral connective tissue, throughout a full extension motion of an associated knee, and the continuous compressive force is substantially the same throughout the extension motion. An orthotic method for correcting patellofemoral joint disorders is also disclosed.